

THIA

wellness *Urban*

Curating the Art of Spa and Wellness



ENHANCING YOUR
WELLBEING IN THE HEART
OF CENTRAL

Truly Bespoke Services and Award Winning Products

Curating the Art of Spa and Wellness

M E N U O F S E R V I C E S

FACIALS

Lapidem

Oriental medicine, traditional remedies and healing methods.

60min | \$1,100

90mins | \$1,400

Aeos Bespoke

Combines the alchemical techniques of the ancients, along with cutting edge skincare formulas

60min | \$1,100

90mins | \$1,400

Vinoble Bespoke

Renowned Austrian and vegan brand Vinoble, combines highly concentrated ingredients from grapes with delicate fragrances and luxurious textures.

60min | \$1,100

90mins | \$1,400

MASSAGE

THIA Signature

Truly bespoke from start to finish

60min | \$1,000

90mins | \$1,300

Lapidem

Specialising in lymphatic massage

60min | \$1,000

90mins | \$1,300

Vinoble

A massage that balances your body and helps you to rediscover your energy and strength

60min | \$1,000

90mins | \$1,300

Lower Leg & Foot

45mins | \$700

Head & Shoulders

45mins | \$700

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WELLNESS THERAPIES

ADVANCE BOOKING REQUIRED

Traditional Chinese Medicine

DR CHEUNG Background: 1983 Graduated from Simon Fraser University, Vancouver BC, Canada (BA), 1998 - 2004 Graduated from Xiamen University in Acupuncture | Professional Chinese Medicine and Practice Program. 2000 Registered in Hongkong Chinese Medicine as a listed Chinese Medicine Practitioner (LO7272).

Consultation Plus Cupping <u>Or</u> Acupuncture	\$1,100
Cupping	\$680
Balance Acupuncture	\$680
Weight Control Acupuncture	\$680
Anti-Aging & Firming Acupuncture	\$880
Wet Cupping <i>{Inc. 4 cups}</i>	\$900 <i>{\$200 per additional cup}</i>



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WELLNESS THERAPIES

ADVANCE BOOKING REQUIRED

Private Wellness Therapies

Physio Yoga Therapy with Crystal	60min	\$1,350
Tuning Fork Therapy with Cherry	75min	\$1,350
Sound Healing Physical Therapy (Tibetan Bowls) with Calvin	60min	\$1,100
Sound Healing Physical Therapy (Crystal Bowls) with Kaman	60min	\$1,700
Jingji Therapy with Cici	60min	\$1050
Pre & Post Natal Therapies with Rhy	Upon consultation	

Private Small Group Classes

Mat Yoga (Multi Modality)	60min	\$300 pp	Min 4 pax
Handpan Meditation	75min	\$300 pp	Min 4 pax
Relaxing Stretch	60min	\$300 pp	Min 4 pax
Full Moon Meditation	90min	\$750 pp	Min 4 pax

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R E S E R V A T I O N S & C O N T A C T

WhatsApp/ Phone

(852 9291 7301)



Online

(www.thiawellness.com)



Wechat



In Person

4th Floor
Abdoolally House
20 Stanley Street
Central

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OUR PRODUCT PARTNERS

AEOS



Emulating your skin's natural function while restoring its equilibrium, it transforms the way your skin looks and feels – a complete skincare solution.

Country of Origin : England

LAPIDEM



Lapidem's original skin care has been enriched with the interaction of the five elements - metal, wood, water, fire, and earth - which harmonize the balance of soul, body, and mind.

Country of Origin : Japan

VINOBLE



The highly concentrated active ingredients give our products maximum efficacy and yet make them suitable for all skin types.

Country of Origin : Austria

TIME WELLNESS OILS



Premium wellness and pure essential oils, hand-crafted in Hong Kong.

Country Of Origin : Sourced Globally

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Curating the Art of Spa and Wellness

OPENING HOURS

MONDAY - SATURDAY

10.00AM - 8.00PM

SUNDAY & PUBLIC HOLIDAYS

Upon Advance Request

PAYMENTS

We accept all payments : Credit | Debit | Mobile | Payme | FPS | Cash
with the exception of the following:

American Express

EPS

**Octopus* (* by end of 2022)*

RESCHEDULING

We understand things change and you may need to reschedule.

So please give us 24hrs notice and we will happily change your booking,
albeit your preferred date and time is subject to availability.

CANCELLATIONS | NO SHOWS

If you decide to cancel your reserved service, we urge you to reschedule 24hrs in
advance.

If you decide not to show up for a reserved time slot. We will not be best pleased.

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HOW TO SPA AT THIA

Check-in

When you arrive at THIA Wellness you will be asked to complete a brief consultation questionnaire. At this time please inform our reception team if you have any health concerns.

While we will always try to accommodate your treatments, late arrival may mean a reduction in your treatment time due to prior bookings.

Shower Facilities

Please note that we do not provide shower facilities.

Phone Etiquette

In all areas, please be considerate of other guests and switch them to silent mode.

Minimum Age

The Spa and Wellness services are only appropriate for guests 16 years and older.

Spa Wear

We provide disposable underwear for your privacy and our therapists will advise you on their usage. They should be worn throughout your service – our therapists are fully trained to drape you to protect your privacy at all times.

Health

Please remember to drink fluids, especially water during and after your time at THIA Wellness.

Gentlemen should shave a few hours before any facial treatment to increase comfort.

If you have enjoyed a massage we suggest you leave the oils on your skin for up to 2 hours before taking a shower so that your skin fully absorbs the oils' properties.

If you are pregnant or have any other condition you feel we should be aware of, please inform our receptionist and your therapist.

Our therapists are fully trained to ensure your treatments are some of the best you will experience. However, please inform them at any time if you are uncomfortable or require assistance.

Valuables

We do not assume liability for any valuables.

Gratuities

Gratuities for good service are at the guest's discretion.

Others

Smoking is strictly prohibited. Please refrain from drinking any alcoholic beverage 3 hours or longer before your treatments.

Our therapists reserve the right to terminate the treatment, without compensation if he/she feels the client's behaviour is undesirable.

THIA Wellness operates in accordance of the Hong Kong Massage License Ordinance -exemption clause Section 3 - F & G